SIDNEY SNOW will be glad to answer any questions on food

THREE MEALS A DAY

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Edited by WILMA DEUTE

Food, of course, must be well seasoned to be worthy of its piquancy

Menu Of The Week

MONDAY Breakfast—Orange juice, ready to eat cereal, scrambled eggs, French toast, maple syrup, coffee or cocoa. Lunch—Casserole of noodles and mushrooms, cabbage and pineapple salad, assorted cakes, tea or milk. Dinner—Cream of celery soup, breaded pork chops, riced potatoes, buttered parsnips, dressed lettuce, fruit gelatine with whipped cream, coffee.

TUESDAY Breakfast—Grapefruit, hot rice with butter, sugar and cinnamon, bacon omelet, hot rolls, coffee or cocoa. Lunch—Sausage patties, scalloped corn, fruit salad, tea biscuits and jam, tea or milk. Dinner—Tomato juice, lamb patties with pineapple rings, creamed potatoes, buttered peas, beet salad, coffee Bavarian cream, vanilla wafers, coffee.

WEDNESDAY Breakfast—Stewed apricots, ready to eat cereal, poached eggs on toast, broiled bacon, buttered toast, coffee or cocoa. Lunch—Tomato soup, deviled egg salad, toasted crackers, vanilla ice cream, oatmeal wafers, tea or milk. Dinner—Stuffed flank steak, baked potatoes, creamed celery, broccoli salad with French dressing, baked custard with caramel sauce, coffee.

THURSDAY Breakfast—Apple sauce, hot cereal, hashed browned potatoes with scrambled eggs, muffins, jam, coffee. Lunch—Creamed chipped beef on pineapple slices, watercress salad, ice box cookies, tea or milk. Dinner—Clam chowder, paprika goulash, dumplings, glazed carrots, romaine salad, layer cake, coffee.

FRIDAY Breakfast—Mixed fruit juices, ready to eat cereal, baked eggs, toasted English muffins, marmalade, coffee or cocoa. Dinner—Shrimp cocktail, roast goose, bread stuffing, apple sauce, raw fried potatoes, broccoli, green salad, fruit cake with hard sauce, coffee. Supper—Creamed salmon on toast, celery root salad pineapple sherbet, tea or coffee.

SATURDAY Breakfast—Stewed prunes with cream, ready to eat cereal, broiled sausages, waffles and honey, coffee or cocoa. Lunch—Baked beans, brown bread, sliced tomatoes, stewed pears, cookies, tea or milk. Dinner—Ham steak and scalloped potatoes en casserole, string beans, hearts of lettuce, thousand island dressing, rice pudding with raisins, coffee.

SUNDAY Breakfast—Ready to eat cereal with sliced bananas and cream, fried potatoes, sausage patties, fried eggs, hot rolls, coffee or cocoa. Dinner—Half grapefruit, standing rib roast of beef, pan roasted potatoes, buttered lima beans, glazed carrots, endive salad, mince pie a la mode, coffee. Supper—Crabmeat Newburg, cole slaw, apricot water-ice, cookies, coffee or tea.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper.

JANE PICKENS STUFFS TURKEYS



RADIO STAR DOES OWN XMAS TURKEY

There are three of the Pickens sisters—Helen, Jane and Patti, but Jane's the cook. Not that they haven't a perfectly glorious cook steadily on the job in their Park Avenue home, but these stars of the radio and musical comedy stage do come from Georgia, where every one knows all about good food and how it is prepared.

And so the Christmas turkey in the Pickens establishment will get the Jane Pickens touch—Jane has done them before and this one will be handled, just as properly. The recipe is none of your new fangled gadgets out of a new fangled recipe book but "out'n my own haid" which means as per the way it has been done in the Pickens home for, lo, these many generations:

The turkey will be plump and it will be well cleaned with no pin feathers lurking here and there. The stuffin will be made out of three cups of stale bread, moistened and crumbled fine. The turkey liver well chopped up and added and also a slice of boiled ham, minced fine, a minced onion and then parsley, salt and pepper with a dash of sage, thyme and marjoram . . . just a pinch of each, or if only the sage is handy, then the sage will be alone. Then two well beaten eggs will be stirred in and with this mixture, the turkey will be stuffed. All tucked in nice and sweed up neatly, the stuffed turkey goes into the roasting pan with a little water, just enough to keep the pan from burning before the pice starts to flow. Over the turkey will lie a big strip of salt pork to add juicy goodness and the basting will be frequent. The rosating, once the turkey is browned or rather tanned, will be slow and the turkey will become well done but never rushed.

FRUIT APPETIZER SHOULD BE CRISP, TART MIXTURE

Bread new, and sister to the fruit cup is the now-popular "appetizer" made of fruit. These may be simple fruit combinations served with a French dressing, or they may be a salad mixture. They are served right at the beginning of the meal and removed after the first course or left on the table until the dessert is served. Be sure thought, to use crisp, tart mixtures for the appetizer, and serve in small amounts in a lettuce cup, on a small plate.

The dressing is another thing that should be carefully wat ched. For fruit cups, use the juices of the the fruits, fairly tart. For the "little salad" type, use a snappy and full flavored dressing.

MINT BANANA CUP

Sliced bananas
Canned grapefruit and juice
Mints, slightly crushed
Green cherries
Mint leaves or mint jelly

Combine ingredients. Pile in sherbet glasses. Chill. Garnish with a sprig of mint, green cherry or mint jelly.

BROWN-EYED SUSANS

4 oranges
2-3 cup dates, sliced
¼ cup French fruit dressing
Lettuce

Put dates into dressing and allow to stand while preparing oranges. Par eoranges, as you would apples, cutting a continuous circular peel, removing outside membrane surrounding sections. Cut out each segment separately, leaving center membrane surrounding scetions. Cut out each segment separately, leaving center membrane in one piece. Place a mound of dates in center of lettuce leaf and surround with radiating whole sections of orange. Serve with additional French fruit dressing which is made as follows:

½ cup olive oil
¼ cup vinegar
1½ teaspoons salt
½ teaspoon paprika
¾ cup mashed bananas (about 2)
1 teaspoon lemon juice
2½ teaspoons sugar
¼ teaspoon nutmeg.

Combine olive oil, vinegar, salt and paprika. Beat well or shake in a covered jar to form a French dressing. Add bananas, lemon juice, sugar and nutmeg.

Mix thoroughly. Chill and serve. Make about 1½ cups dressing.

ATTRACTIVE AND DELICIOUS DISH IS SUCKLING PIG

"Open house" season is in full swing with the holidays and the hostesses are faced with the problem of an attractive table, whether it be for a regular dinner or a buffet supper.

Now there are many who do not choose a goose for this time of the year and the question arises as to just what to serve. Something that will make an attractive appearance and be unusually delicious. What could be better than a suckling pig? They certainly make a fine appearance on any table and their deliciousness is unquestioned. Especially if prepared in the grand English way.

The suckling pig should be not more than three weeks old. Prepare a stuffing by using 4 large onions, 10 sage leaves, ¼ pound of breadcrumbs, 1½ ounces butter, salt and pepper to taste and 1 egg. Peel the onions and parboil them for about five minutes; just before taking them out, add the sage leaves. Chop onions and sage very fine, add bread crumbs and seasonings and butter and work together with the yolk of 1 egg. Many prefer not to parboil the onions but the flavor is then strong and not pleasing to many. Put the stuffing inside the pig and sew up the opening. Brush the entire surface of the pig with melted butter, draw the legs well back and tie into shape. Roast the pig for 2½ to 3 hours depending on the size. Baste well and often during the roasting. Either apple sauce or hot currants are the usual accompaniment for this dish.

Maid-Of-All-Work In The Kitchen Is The Electric Mixer



A home without an electrical mixer today is like soup without salt. The electrical mixer to the woman in her home is what the typewriter is to the stenographer in her office or the fishing rod is to the man on a mountain vacation. It is that "gadget" that the housewife learns to depend on for everything from mixing a cake to mashing potatoes. And how much better a cake that has been made in an electrical mixer is.

In a few short tiny seconds shortening can be creamed, eggs can be beaten, cream can be whipped, fruit juices extracted, or practically a whole dinner prepared.

Of course, there are all kinds of attachments to your beater that can be purchased; such as food choppers, slicers and shredders, can openers, even silver polishers and knife sharpeners. In other words an electrical mixer is the maid-of-all-work in the kitchen.

Baked Oyster Omelet

18 oysters
8 eggs
¾ cup thin cream
¾ cup rich cream
½ teaspoon onion juice
1 teaspoon chopped parsley
1 tablespoon butter
2½ tablespoons flour
Salt and white pepper
1 cup oyster liquor

Melt the butter in a saucepan, and add to it the flour, when well mixed, strain in the oyster liquor though a piece of cheesecloth; add thin cream, onion juice, parsley, salt, and pepper, and let thicken to a custard-like consistency. Clean the oysters; drop them into the simmering sauce and let cook until their edges curl up.

Beat the yolks of eggs until very light, add salt and rich cream, mix well, and add the stiffly beaten whites of eggs. Pour the mixture into a hot iron frying pan which has not been greased, and cook in a moderate oven for 20 minutes or until the omelet has risen well and is a light brown on top. Pour the creamed oysters on a hot flat platter. Take the omelet out of the frying pan carefully and set it on top of the creamed oysters.

Hot Off The Griddle

ESTHER DONLAN

To disinfect fruit and raw vegetables use one-half ouce of chloride of lime to a gallon of water. Allow fruit or vegetables to remain in this solution five minutes and then rinse well.

A heated knife is excellent for cutting frosted cakes, and there will be no crumbs. This is especially good with a very fresh cake.

To remove grass stains, saturate the spot with kerosene, then wash. In the south black molasses is used for this.

It is well to care for old furniture by washing it once or twice a year with warm water and soft soap. Dry well, then run crude petroleum into the wood.

A lemon dipped in salt is an excellent brass polish.

Pongee irons better if the material is dry and the iron just warm.

Noland Farm Sold

The Noland farm, located at McLain's Corner was sold this week by the Trustees of the First National Bank to Mr. R. Hynson Rogers. The sale was made by Trehern Associates.

This change was mad edue to make better train connections.

Mr. William Owens caught about 700 pounds just off from Betterton making good catches. The latter part of this week, Mr. Walter Crew and

Let The Holiday Spirit Prevail In The Salad You Serve At Dinner

A salad, is, fortunately, something that can be dressed up to be one of the outstanding features on the table. And for Christmas dinner, everything, including the salad, should be gay and colorful.

With the turkey, a fruit salad is chosen by nine out of ten people. Whether it be a Waldorf salad, or pear and cheese, or pineapple and cheese or mixed fruits, all can be made cheerful by simply using a pastry tube and a little vegetable coloring. For instance, if serving a pear and cream cheese salad, the cream cheese can be colored red and piped around the edges or over the tops of the pears. Or a Waldorf salad can be trimmed with bits of holly. An interesting variety of this salad, by the way, is to mix in chopped raw cranberries that have been standing for awhile in sugar.

If green salads are preferred, bits of pimento add so much color. Or red and green peppers, sliced and crossed over the top of the salad. One can go much farther though, and make a beautiful jellied salad of salad of strawberry flavored gelatine or plain gelatine with red vegetable coloring. Fancy shaped molds are still being used with great success and are ideal for increasing that holiday spirit.

Holiday Parties Call For Ice Box Cakes

Exceedingly gay and beautiful for holiday parties, are ice box cakes. Though simple to make, they give the appearance of hours and hours of labor and much thought. Praise will run high if a cake such as this Pineapple Ice Box Cake is served. It is made by blending one and one half tablespoons cornstarch with one-third cup of pineapple juice, then add one and one-half cups diced pineapple and cook over hot water until thickened. Then slowly pour on four slightly beaten egg yolks return to the pan and cook for three more minutes over boiling water. Add a pinch of salt, and cool. Line a nine inch spring mold with lady fingers. Lay them close together and use broken pieces to cover the bottom fully. It takes about eighteen double lady fingers. Cream two-thirds cup unsalted butter, add gradually one and one half cups confectioner's sugar and beat thoroughly. When smooth and creamy, stir in the cold pineapple mixture. Then fold in four stiflfy beaten egg whites and pour in the lined mold. Chill for one day in the refrigerator, place on a cake plate, remove the mold rim, circle the cake base with pineapple spears and decorate the top with more spears.

Fruited Macaroons Fine At Tea Time

Macaroons for ten are no news, but when they're "fruited" they start talk—at the tea table! Mix 1 cup sweetened condensed milk and 2 cups shredded cocoanut together. Add 1 cup dates, finely chopped. Drop by spoonfuls on well buttered pan about one inch apart. Bake in moderate oven (350 F.) until a delicate brown. Makes 2 dozen.

Easy Pleasant Way To LOSE FAT

How would you like to lose 15 pounds of fat in a month and at the same time increase your energy and improve your health?

How would you like to lose your double chin and your too prominent hips and abdomen and at the same time make your skin so clean and clear that it will compel admiration?

Get on the scale to-day and see how much you weigh—then get a bottle of Kruschen Salts that costs next to nothing and which will last you 4 weeks. Take one half teaspoonful in a glass of hot water in the morning—cut down on pastry and fatty meats—go light on potatoes, butter, cream and sugar—and when you have finished the contents of this first bottle weigh yourself again.

After that you'll want to walk around and say to your friends, "One bottle of Kruschen Salts is worth one hundred dollars of any fat person's money."

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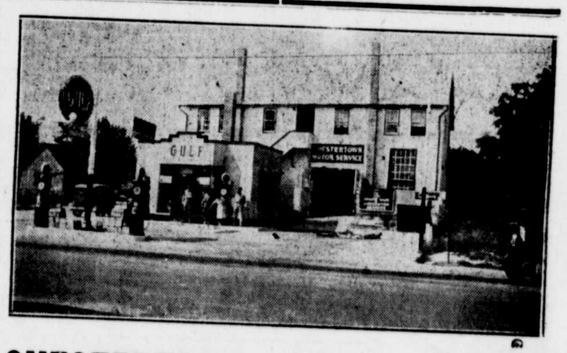
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SUNDAY DINNER *Suggestions*

By ANN PAGE

CHRISTMAS dinner is in most minds this week and so naturally Sunday dinner takes second place. Turkeys are likely to be at least as attractively priced as at Thanksgiving and other holiday poultry usually follows in line.

Lamb and pork are both very reasonable and if smoked ham is preferred to poultry, it will be available at attractive retails.

Apples, oranges, tangerines, grapefruit and bananas are plentiful and inexpensive. Nuts, too, are cheaper than often at this season.

Here are three menus for holiday dinners adapted to different budget levels.

Low Cost Dinner

Roast Stuffed Chicken Giblet Gravy
Mashed Potatoes
Sweet Potatoes Boiled Onions
Cranberry Sauce Curled Celery
Bread and Butter
Mince Pie
Tea or Coffee Milk

Medium Cost Dinner

Celery Carrot Sticks
Roast Stuffed Turkey Giblet Gravy
Mashed Potatoes
Yellow Turnips Green Beans
Cranberry Sauce
Plum Pudding Hard Sauce
Tea or Coffee Milk

Very Special Dinner

Clear Soup Wafers
Celery Olives Salted Nuts
Roast Goose, Pork or Ham Gravy
Mashed Sweet Potatoes Onions
Broccoli
Cranberry Jelly
Orange and Grapefruit Salad
Frozen Pudding Sponge Cake
Fruits Mints Nuts
Coffee



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